

Air Force Prime Time, a weekly news magazine for and about airmen stationed overseas, airs Thursday 8:25 p.m. Central European Time on AFN television. In this week's edition, pararescue airmen risk their lives to save yours, a propulsion team in the United Kingdom encourages innovation, the U.S. Air Force Honor Guard tours Europe and more.

News briefs

Wing member hospitalized

Airman 1st Class Antoinette E. Johnson, 52nd Equipment Maintenance Squadron, was hospitalized for treatment of a gunshot wound she received during a struggle inside the base armory early Saturday morning.

She was transferred Monday from the Trier Krankenhaus to the Landstuhl Army Regional Medical Center.

Air Force officials are investigating the incident.

Holiday hours

The following Army and Air Force Exchange Service facilities close Wednesday, All-Saints Day.

Spangdahlem

■ Barber and beauty shops

Bitburg

■ Housing barber and beauty shops

■ Hospital barber shop

■ Car care center

Airmen Against Drunk Driving

Volunteers are needed to fill the following positions:

Friday

■ 6 p.m. to midnight, dispatch

■ Midnight-6 a.m., dispatch and drivers

Saturday

■ 6 p.m. to midnight, drivers

■ Midnight-6 a.m., dispatch and drivers

Call 452-6656 or e-mail michelle.alm- (no hyphen) arode@spangdahlem.af.mil to volunteer or details.

Force protection

The Defense Department recommends military travel to Turkey be limited to mission-essential visits only in light of current force

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Eifel Times

Vol. 34, Issue 40

Spangdahlem Air Base, Germany

Oct. 27, 2000

Gate's done

Airman 1st Class Brian Groves, 52nd Security Forces Squadron, performs identification card checks from the new guard house at the base main gate. The gate recently reopened after about two months of construction. The additional guard house is bulletproof and offers security forces members working during heavy-traffic hours a place to get out of the elements.

Senior Airman Esperanza Berrios

Local area experiences thefts

By Lt. Col. Steve Asher
52nd Security Forces Squadron commander

Twenty-six vehicle break-ins have occurred in the past month and a half, mostly in government-leased housing. While security forces can't be in all places at all times, 85 percent of these incidents involved unlocked vehicles.

Security forces is attempting to reach out to people at Spangdahlem Air Base to better protect Eifel members. People can help by keeping the following in mind:

■ Be alert and report all suspicious activity to security forces immediately. This may include situations such as someone wandering or standing around without an apparent purpose.

■ If a situation seems out of the ordinary, it probably is. When reporting suspicious activity to security forces, include the location and type of situation. A detailed description of the person is also

helpful.

■ Under no circumstances should people investigate an incident themselves.

■ People should always lock their vehicles.

■ Park in well-lighted areas whenever possible.

■ Never leave items of value in vehicles, especially military ID cards, restricted area badges or passports.

These simple, yet effective, measures greatly assist security forces in protecting people's property.

To report suspicious activities to security forces, call the Spangdahlem AB law enforcement desk at 452-6666 or 06565-61-6666, or the Bitburg annex LE desk at 453-7400 or 06561-61-7400.

'Pumpkin Patrol' treats Halloween safety seriously

By Lt. Col. Steve Asher
52nd Security Forces Squadron commander

Halloween is just a little more than a week away and the 52nd Security Forces Squadron "Pumpkin Patrol" is preparing to ensure the safety of Eifel community trick or treaters.

The "Pumpkin Patrol" consists of security forces and wing volunteers who keep a watchful eye on military housing areas including Binsfeld, Herforst, Speicher, and also the Bitburg and Spangdahlem housing areas.

Trick or treating takes place 5:30-8 p.m. Tuesday. The activity is open to community youth of all ages; however, only the Binsfeld, Speicher and Herforst housing areas will be open to the German public.

People living off base who plan to bring their children to

Bitburg or Spangdahlem for trick or treating can donate bags of store purchased, individually wrapped candy to hand out to children canvassing the military housing areas. Collection points are located at the housing area main gates.

To reduce the risk of children tripping or falling in costumes, housing area residents are asked to implement the following:

■ Turn on exterior lights to indicate if stairwell residents are distributing candy.

■ "Lights off" indicates all candy has been distributed or it's 8 p.m.

Vehicle and pedestrian safety is another major concern. To protect children, security forces will enforce the following:

■ Parents escorting children through housing areas must do

so on foot.

■ Designated parking areas for military members living off base participating in trick or treating on military installations will be the commissary parking lot for Bitburg, or across the street from the bowling center on Spangdahlem.

■ All participants should wear reflective clothing, belts or tapes.

■ Carry a flashlight or glow stick.

■ Minimize driving in housing areas during treating hours.

■ When driving, decrease speed, proceed with caution and be on the lookout for children crossing the road.

■ Immediately report any suspicious activities to the security forces at 452-6666. Also, notify security forces members and "Pumpkin Patrol" volunteers.

Air Force aviation mishaps hit 53-year low

The Air Force has achieved its lowest numbers in major aviation mishaps and also saw its second-best year in on-duty ground safety in the service's 53-year history; a "tremendous accomplishment," says the Air Force's Chief of Safety, Maj. Gen. Tim Peppe.

The Air Force defines a major aviation mishap as an accident which results in a fatality or in which an aircraft is destroyed or exceeds \$1 million in damage.

For fiscal 2000, the aviation mishap rate was 1.04 per 100,000 flying hours, compared to the previous best rate set in fiscal 1991 of 1.11, according to Peppe. Of the Air Force's fiscal 2000 aviation mishap rate, the 52nd Fighter Wing experienced one major mishap, resulting only in aircraft damage, according to Maj. Paul Lancaster, 52nd Fighter Wing flight safety chief.

In accomplishing this year's feat, the Air Force realized records in three major aviation safety categories: the lowest number of major aircraft mishaps, 22; the lowest number of aircraft destroyed, 14; and the lowest number of total aviation fatalities, seven, including three pilot fatalities.

"These aviation rates are pretty significant, especially when you account for the increased ops tempo, deployments and operations in austere locations such as Southwest Asia,"

Peppe noted. "This is a tremendous accomplishment."

Previously, the Air Force's record was 24 major aircraft mishaps in fiscal 1998; 20 aircraft destroyed in fiscal 1998, and nine total aviation fatalities in fiscal 1999. The general said this fiscal year's record lows are evidence of a downward trend.

The general said one significant decline was in the logistics category, which covers mechanical failures.

"This year, the Air Force confirmed four cases of aircraft mishaps due to mechanical failures, compared to fiscal 1999's total of 20, a significant decline," he said. He noted the number might rise to seven, due to ongoing investigations of aircraft mishaps.

Peppe attributes the decline to continued commander involvement at all levels and increased funding in spare parts. "We're going to keep a close eye on this to see if this downward trend continues."

Along with the aviation records comes the service's second best year in on-duty ground safety.

"For fiscal 2000, we had six on-duty fatalities, which equates to a 1.02 percent rate (per 100,000 people)," Peppe said. Previously, the service's lowest rate was three fatalities in fiscal 1998. Of the six fatalities, the 52nd

Fighter Wing lost an airman in a motorcycle accident on B-50 in June.

"Off duty," he said, "the Air Force lost 51 airmen, compared to a previous low record of 41 fatalities seen in fiscal 1999."

"The primary causes remain motor vehicle accidents, alcohol use and people who are not wearing seat belts," Peppe said. "We're optimistic that with continued focus and commitment to make operational risk management a part of on- and off-duty life, we can do better. We feel even one fatality is one too many."

The wing has also experienced 61 on- and off-duty non-fatal injuries in fiscal year 1999 and 31 in fiscal 2000, according to Staff Sgt. James Douglas, wing ground safety manager.

The majority of these mishaps took place off-duty, while driving, during recreational activities and while working around the house. The most common causes were people taking unnecessary risks.

Awareness programs, such as the 101 Days of Summer campaign, focus member's attention on the consequences of taking such risks, Douglas said. For on-duty mishaps, the cause of the accident is determined as quickly as possible and the unsafe condition is eliminated or procedures are revamped to prevent reoccurrence. (Information courtesy of Air Force Print News)

Clean machine

Staff Sgt. Patrick Steward, 52nd Transportation Squadron, inspects the fluid levels of a government vehicle entered in the squadron's quarterly Golden Wheels contest held Oct. 20. Third quarter winners are John Ellis, 52nd Service Squadron, with a sedan in the general purpose vehicle category and Senior Airman Devin Hopkins, 52nd Supply Squadron, with a refueler in the special purpose vehicle category. Twenty-six GOVs were entered in the competition.

Senior Airman Esperanza Berrios

Driving too fast for conditions leads to accident near 'Mom's'

By Tech. Sgt. Franklin McElhaney
52nd Security Forces Squadron
reports and analysis

Driving too fast and slick roads contributed to several accidents last week.

An unfortunate example is when an American driving a 1991 Camero in Spangdahlem near "Mom's" restaurant came upon a vehicle in his lane. The driver applied the brakes and slid into the German-owned vehicle. Both vehicles were towed away.

Rain-slick road conditions and speed contributed to the second accident. A 1988 Opel traveling east on the L-39 between Speicher and Herforst. The driver took a left turn too fast on a wet road causing the vehicle to skid, turn over and finally come to a rest 30 meters off the roadside. The driver suffered a minor contusion to the head and a minor cut to his left hand.

The final major accident was the result of a failure to yield. A German national and an American collided when the German failed to yield near the village of Sherfbillig. The

American was traveling east on L-39 when the German attempted a left turn into the village in front of the American's 1988 Audi. The Audi tried to stop, but still hit the passenger side of the German's vehicle. Both vehicles were disabled and two people were injured, including a 35-week pregnant woman. The injured were treated and released by the Spangdahlem Air Base emergency room.

The late reporting of two accidents last week cost people their driving privileges. As a reminder, all vehicle accidents must be reported immediately.

In addition, there were 14 minor accidents:

■ Four of the accidents were caused by "speeds too fast for conditions."

■ Six of the accidents were in parking lots (dining hall, Bitburg BX, etc.).

■ One accident was caused by an animal in the roadway.

■ The total cost this week for minor accidents was \$14,500.

Briefs

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protection issues. Also, until further notice, space-available travel to and through Turkey is restricted to people assigned to units there. Call Capt. Joseph Gallagher, 52nd Security Forces Squadron force protection, at 452-6666 for details.

52nd Fighter Wing Top 3

The group meets at 3 p.m. Nov. 8 in the Saber Club. Call Master Sgt. Lisa Kuehn at 452-6154 for details.

Legal office closure

The legal office closes at 1 p.m. Nov. 7 and 9 a.m. Nov. 8 for official functions. Walk-

legal assistance will be available from 9-10 a.m. only on Nov. 8 and resume again in the afternoon. For emergency service during the closures, call 452-6796.

Snow parade

The 52nd Civil Engineer and Transportation squadrons' annual Snow

Parade takes place at 10 a.m. Saturday through the base housing area.

Reserve recruiter

An Air Force Reserve recruiter is available each Tuesday and Wednesday in building 131 (military personnel flight), Room 210. Call Master Sgt. Leslie Russell at 452-6522 for details.

Desert dining facility serves around the clock

Story and photos by Airman 1st Class Jodi Swartzbeck
363rd Air Expeditionary Wing Public Affairs

Everyday Prince Sultan Air Base dining facilities feed thousands of hungry servicemembers around the clock, but has anyone stopped to ask, "Where does it come from?"

The Mirage, Camel Lot and Rolling Sands Dining Facilities receive about half of their food from the United States, one quarter from Germany and about one quarter from Saudi Arabia.

All that food means the dining halls can feed approximately 10,000 bellies per day.

Nearly 2,100 people eat breakfast at the dining halls, roughly 3,800 eat lunch, about 2,200 get dinner, and another 1,500 pick up a midnight snack.

Feeding so many takes careful planning, according to Master Sgt. Theresa McLernon, 363rd Expeditionary Services Squadron combat support flight chief.

"We follow a 28-day cycle menu," said McLernon. "We forecast how much food items we need depending on all the menus that call for chicken or beef. Each dining facility will forecast that and turn it into a ration manager. He will then consolidate all the requirements for the dining facilities and then send it to Germany."

The process of ordering the rations takes about 90 days.

"What we're getting right now is what the last AEF ordered," she said. "That's why there are days when we have

to do substitutions because we don't have enough."

Another challenge is that the dining halls also have limited cold storage. Therefore, they have to use what they can while still maintaining freshness leaving storage space available for incoming shipments.

While the menu cycle creates a variety of items daily, fresh baked bread is always on the menu. The dining facilities have a bakers who make the bread every night.

The meals are also made fresh daily, according to Thomas Lottridge, Camel Lot manager. "We make a little at a time. When we start getting low, we make some more to ensure that customers get fresh food."

A lot of work goes into preparing the meals, Lottridge said. Services members have to thaw the meat, get ingredients ready, balance food groups, and follow recipe cards.

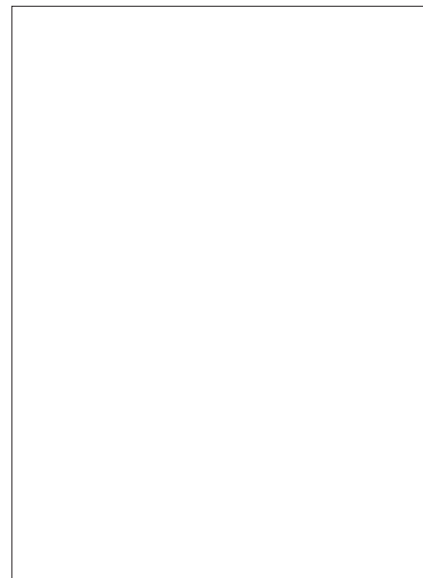
"We also support morale functions," he said. "We supply chicken, hot dogs and hamburgers to squadrons and units that have barbecues."

It may seem amazing that only about 50 people are able to feed so many people on a daily basis, but with those 50 people working 12-hour shifts, the task is attainable.

The 'behind the scenes' troops play a big part in keeping customers happy, McLernon said.

They six ration troops are the ones who get called in the middle of the night to pick up the shipment, Lottridge said. They arrange transportation and distribution of all the food items.

The dining facilities may not be made-from-scratch, home-style cooking, but where else can people get good food, friendly service and an endless amount of ice cream for free?



Airman 1st Class Erik Torres-Lebron, Camel Lot dining facility staff member, serves lunch recently. Meals served at the Camel Lot are made fresh daily.

Red Cross collects quality-of-life gifts, mail for members deployed during holidays

By Sarah Simmons
Eifel Region American Red Cross

The American Red Cross needs help collecting items requested by U.S. armed forces troops deployed for the holidays.

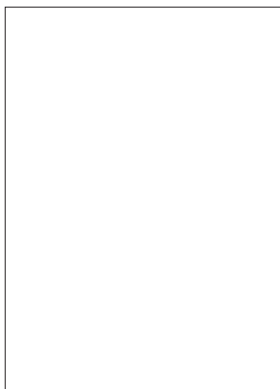
Being away from loved ones during the holiday season is difficult and these donations serve an important role in lifting morale by providing a touch of home.

The quality-of-life items, which are listed below, can be dropped off in the entry of either base exchange or at the American Red Cross in building 2001 on the Bitburg French caserne. Include your name and address on items donated. They will be sent to deployed troops for the approaching holidays. Items will be accepted through the beginning of the new year.

Additionally, many of the troops are requesting "Any Service Member" mail. Individuals, church groups, schools and other organizations can help by writing letters of support and holiday greetings to deployed U.S. service members.

Items needed include:

- Decorations and blank greeting



Airman 1st Class Jodi Swartzbeck
Airman 1st Class Laura Mitchell, 363rd Expeditionary Services Squadron theater staff, picks up some Halloween candy at the Prince Sultan Air Base exchange, in Saudi Arabia.

cards for the holidays.

- Other cards such as thank you, thinking of you, birthdays (wife, husband, son, daughter, mother, father,

etc.) are also in demand.

- Small Christmas trees, stockings and stocking stuffers.

- Individually-wrapped hard candy, gum, cookies, pre-sweetened Kool-Aid, sweetened iced-tea mix, hot chocolate and cider mixes, tea bags, coffee, sugar, cream, microwave popcorn and candy.

- Toiletry items such as shaving cream, razors, toothbrushes, toothpaste, shower soap or gel, and foot powder.

- Videos (especially movies), music CDs and cassettes.

- Small board games such as chess, checkers, dominoes, Parcheesi, Yahtzee, Uno, cribbage, jigsaw puzzles and playing cards.

- Recent paperback books (mysteries, action, drama and science fiction are highly read).

- Chapstick.

- Writing paper and envelopes.

- Puzzle books.

- Holiday catalogs to allow service members to order and ship gifts directly to their loved ones.

Call the Eifel Region Red Cross at 06561-6740 for details.

DeCA Europe director earns meritorious award

FORT LEE, Va. - Robert D. Tate, the Defense Commissary Agency's European Region director, was recently awarded the Meritorious Executive Award.

Annually, this presidential award recognizes senior executives who demonstrated their ability to lead a government service that meets customer needs, fosters partnerships and community solutions to achieve results and continuously pushes itself to get jobs done more efficiently and effectively.

"I'm honored to receive this award," Tate said. "But, the credit really goes to all those employees who have worked so diligently to make the European region what it is today.

"Meeting the needs of our customers has always been my number-one priority. It's especially important in Europe, where the commissary is often the only economical source of U.S. products for servicemembers overseas."

Under Tate's direction, stock availability rates (a measure of product availability to commissary customers) are at an all-time high of 98 percent. The stock assortment in European commissaries has also vastly improved and the amount of time necessary to ship commissary products has increased by providing vacuum-packed meat to all European commissaries.

Another improvement is the state-of-the-art checkout systems offering high-speed, accurate checkout with the customer option of using credit or debit cards for payment. (DeCA Public Affairs)

Breast cancer screening key to early detection

By Elke Zschaebitz
Spangdahlem family practice clinic

Throughout the month of October powerful messages are broadcast over American airwaves and recorded in print media reminding women about the risks of breast cancer and how to detect it in the early stages.

Every woman should screen herself for breast cancer monthly, according to the American Medical Women's Association. This is because breast cancer is the single most common cancer diagnosed in American women.

Risk factors

The estimated number of new breast cancer cases in 1999 was 175,000 for women and 1,300 for men. That same year, 43,300 women and 400 men died from breast cancer.

By the age of 84, it's estimated one in nine women will develop breast cancer simply because of their age and the fact they are female. Seventy-five percent of breast cancer patients have no other risk factors other than these.

Eighty-five percent of women diagnosed have no family history of the disease.

Other significant risk factors for breast cancer are a family history of breast or ovarian cancer and certain conditions found on breast biopsy after a lump was

In a large U.S. study, 40 percent of detected breast cancers were found by mammography and 15 percent of detected cancers were found by personal physical exam.

found.

Early detection and treatment are the keys to lowering death rates. Breast cancer is a very slow-growing cancer. By the time the average breast cancer is apparent on most mammograms, it has been in the breast for eight years. It takes about 10 years before a lump can be large enough to be felt.

Early detection

Monthly breast self-examinations and screening mammograms are the keys to detecting these cancers early. The purpose of breast self-examination is to help women understand what their normal healthy breasts feel like so if they feel any changes, the patient will see a health care provider to find out if the change is of clinical significance.

In a large U.S. study, 40 percent of detected breast cancers were found by mammography and 15 percent of detected

cancers were found by personal physical exam. Forty-five percent of detected cancers were found by both methods.

What these findings mean is less than half of diagnosed breast cancers had both an abnormal mammogram and an abnormal physical examination of the breasts. That's why it's so important to do both, beginning the recommended age of 40 and earlier if a woman's mother or sister has been diagnosed with breast cancer before menopause.

Until it's known how and why breast cancer develops and grows, it will be difficult to prevent.

It is known; however, that there are hormonal factors associated with breast cancer risk. Studies also indicate that lifestyle choices such as choosing a low-fat diet, getting moderate exercise and limiting alcohol consumption may reduce the risk.

Screening guidelines

The following guidelines explain who is at most risk of getting breast cancer and how frequently women in the various risk categories should schedule exams.

■ Women with no risk factors have an 11-12 percent lifetime risk of breast cancer and should have clinical breast exams annually, beginning at age 30. These women should obtain a

mammogram every two years from age 40-49 and then annually after age 49.

■ Women with a weak family history should have clinical exams annually, beginning at age 30 and mammograms annually, beginning at age 40. A weak family history is considered any first-degree relative, or one or two more distant relatives with postmenopausal breast cancer.

■ Women with a strong family history (three or more relatives with breast or ovarian cancer or any second-degree relative with breast cancer before age 40) should have annual clinical breast exams, beginning at age 25 and mammograms annually, beginning at age 35 or five years earlier than youngest affected relative.

■ Women with a very strong family history (two or more first-degree relatives with breast or ovarian cancer, one or more first-degree relatives with breast cancer before age 40 or any first-degree relative with premenopausal breast cancer) should have clinical breast exams twice a year, beginning at age 25 and radiographic studies (mammography, or ultrasound) annually, beginning at age 25.

It can't be emphasized enough that no woman should be expected to know what breast tumors feel like during self-breast examination, therefore, it's important if a woman recognizes changes in her breast, she should see a health care provider for a clinical breast examination.

In the classrooms

Spangdahlem Elementary School 452-6881

Principal: Ruth Morgan

Assistant principal: Dr. Heidi Shurtleff

■ Wednesday — School advisory committee meeting at 3 p.m. in the information center.

■ Nov. 3 — Teacher work day, no school.

■ Nov. 8-9 — Parent/teacher conferences, no school. Parent, Teacher, Student Association book fair in the cafeteria.

■ Nov. 10 — Veterans Day, no school.

■ Nov. 16 — PTSA general membership meeting at 6:30 p.m. in the cafeteria.

■ Nov. 23-24 — Thanksgiving break, no school.

Spangdahlem Middle School 452-7205

Principal: Dr. Donna Warner

Assistant principal: Sharon O'Donnell

■ Thursday — School Improvement Leadership Team meeting at 2:45 p.m. in the information center. Parents are welcome to attend.

■ Nov. 3 — Teacher work day, no school.

■ Nov. 7 — Benchmark 3.1 (reading) meeting at 2:45 p.m. Parents are welcome to attend. Also, school picture make-up day 1-2:45 p.m.

■ Nov. 9 — Parent/teacher conferences. Walk-in from 8 a.m. to noon or appointments 1-3 p.m. No school.

■ Nov. 10 — Veterans Day, no school.

■ Nov. 23-24 — Thanksgiving break, no school.

Bitburg High School 453-7937

Principal: Marjorie Lewallen

Assistant principal: Mike Johnson

■ Thursday — End of first quarter.

■ Nov. 3 — Teacher work day, no school.

■ Nov. 6 — School advisory committee meeting at 3:30 p.m. in the information center.

■ Nov. 9 — Parent/teacher conferences 8 a.m. to 2:45 p.m. Schedule appointments through the student affairs office. No school.

■ Nov. 10 — Veterans Day, no school.

■ Nov. 11 — Division II football championships. Time

and location to be announced.

■ Nov. 13 — Basketball and wrestling practices begin.

■ Nov. 23-24 — Thanksgiving break, no school.

Bitburg Elementary School 453-7215

Principal: Susan Ussery

Assistant principal: Joyce Christian

■ Nov. 3 — Teacher work day, no school.

■ Nov. 8-9 — Parent/teacher conferences, no school.

■ Nov. 10 — Veterans Day, no school.

■ Nov. 14 — Picture retakes.

■ Nov. 23-24 — Thanksgiving break, no school.

Bitburg Middle School 453-7110

Principal: Ginny Briggs

Assistant principal: Raynard Eddings

■ Thursday — Last day of quarter.

■ Nov. 3 — Teacher work day, no school.

■ Nov. 9 — Parent/teacher conferences. Morning conferences are parent or teacher initiated; drop-in conferences are in the afternoon. Also, a school advisory committee meeting takes place at 3:15 p.m. in the information center.

■ Nov. 10 — Veterans Day, no school.

■ Nov. 23-24 — Thanksgiving break, no school.

Community Mailbox

Volunteers needed

About 150 Special Children's Day volunteer sponsors, or "huggers," are still needed to assist special needs children during the event 7:30 a.m. to 2:30 p.m. Thursday at the base fitness center. Call Senior Airman Nicole Veslor at 452-6272 or Airman 1st Class Tiki Wicks at 452-6553.

Halloween glow-bowling

The event takes place 11 a.m. to 1 p.m. Saturday at the base bowling center. Bowling shoes are loaned for free during glow-bowling hours. A costume contest also takes place with first- through third-place prizes for children ages newborn through 13. Call 452-6217 for details.

Catfish fry

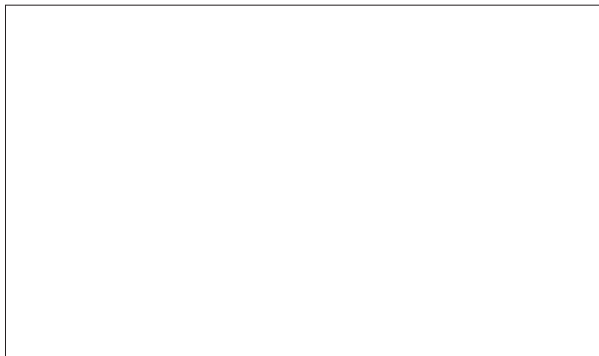
The fund-raiser for Operation Warmheart takes place 1-5 p.m. Saturday at the Auf der Hipp Gasthaus in Binsfeld. Cost is \$6 for an adult plate or \$2 for a hot dog and fries. The VFW Post 10775 event raises funds for Operation Warm-heart, which helps Eifel region families in need. Purchase tickets at the gasthaus or call Ronnie Wright at 06565-4358.

Rummage sale

The 52nd Operations Support Squadron sponsors a rummage sale 10 a.m. to 2 p.m. Saturday in building 21, near the main gate.

Cub Scouts

Pack 165 serves a pancake break-fast 8 a.m. to 1 p.m. Sunday at Spangdahlem Middle School. Cost is \$3 for ages 4 and older. Proceeds benefit the Cub Scout's



Airman 1st Class Michelle Roquid

Safety check

Staff Sgt. Shelly Barton, 52nd Fighter Wing Safety, inspects 2-year-old Madelyn Blinkinsop's car seat during a child seat safety check Thursday in the Spangdahlem Air Base commissary parking area. The most common problem with child car seats is they're often not fastened in the vehicle properly. Parents concerned about the safety of their child's car seat can call wing safety at 452-7233 for assistance or information.

annual Blue and Gold Banquet.

Chili dinner

The event takes place 6-8 p.m. Wednesday in Bitburg Middle School. Cost is \$3 for adults. Children under 5 eat free. Call Monica Rushford at 06561-683690 or the main office at 453-7110 to make reservations.

HAWC luncheon

The Health and Wellness holds a luncheon 11 a.m. to 1 p.m. Monday at the Spang Club. The HAWC will buy lunch for the first 75 people who sign up. The event, in support of National Breast Cancer Awareness month, features guest speaker Senior Master Sgt. Jacqueline McClear of the 52nd Medical Group. Call 452-9355 for

reservations or for details.

Millennium ornaments

The 23rd Fighter Squadron Spouse's Group sells 2000 ornaments, "Bernkastle with Fireworks" and a holiday cookbook 10 a.m. to 4 p.m. Thursday, Nov. 14 and 21 at the post office. Price is \$8 each.

The items will also be available at the Officers and Civilians Spouses' Club bazaar table. Prices are \$9 at the bazaar.

Naming contest

The Spangdahlem chapel sponsors a naming and logo design contest for its three-wheeled vehicle. Submit designs and names to Chaplains (Majs.) Karl Wiersum or Patrick Ryan by Nov. 6. Winners get a free

dinner for four at the Simonbrau Restaurant in Bitburg. Call the Spangdahlem chapel at 452-6711 for details.

Family support center news

■A six-seminar series on improving family communication skills takes place at 6 p.m. Nov. 6, 8, 13, 15, 28 and 30. Participants are encouraged to attend all six seminars.

Call the Spangdahlem Family Support Center at 452-6422 or Bitburg at 453-7491 for details or to register.

Adopt-a-cop

The 52nd Security Forces Squadron accepts applications for students in 5th-8th grade to participate in the Adopt-a-Cop program. This program offers base youth and security forces members the opportunity to work together and students to gain an awareness of security forces duties. The program is designed to enhance relations between security forces members and the community and subsequently prevent and curtail juvenile crimes. Call security forces at 452-6666 for details.

Breast cancer awareness

Free walk-in exams take place in the Bitburg OB/GYN clinic 1-4 p.m. Tuesday. Call the HAWC at 453-3161 for details.

Chapel news

■Hallelujah Fest, an alternative to trick or treating, takes place 6-8 p.m. Tuesday in the Spangdahlem and Bitburg chapels. Games, prizes and candy will be available, but children are asked not to wear scary costumes.

■The Protestant Women of the chapel meet 6:30 p.m. Thursday in the Bitburg Chapel.

For more information on chapel functions, call 452-6711 or 452-6281.

Movies

All movies play at 7 p.m. unless otherwise indicated.

Bitburg Castle

Today

Scary Movie (R)

It all starts with the murder of a beautiful high school classmate, after which a group of misguided teens — all played, of course, by 20-30 year old actors — discover there is a killer among them. Heroine Cindy and her clique of clueless friends must protect themselves from danger . . . and that pesky reporter Gail Hailstong who just won't leave them alone! Sound familiar? It certainly is, but as the story gets under way, a series of gruesome and hilarious surprises blows the lid off the expected plot twists and turns them into something funny and twisted.

Bait (R) (9:30 p.m.)

Jailed for stealing pawn, Alvin Sanders is released by a federal agent as bait to trap a dangerous criminal seeking to steal gold from the U.S. Treasury. All Alvin wants is to go straight with his girlfriend, but between the feds, the crooks, and a jealous brother, Sanders might've been safer in jail.

Saturday

Scary Movie

Sunday

Scary Movie

Closed Monday and Tuesday

Wednesday

Scary Movie

Thursday

Nutty Professor II (PG-13)

Sherman thought he has seen the last of his alter-ego, but Buddy Love is back. Having done his best to keep Buddy buried in his subconscious, the portly professor is horrified to find him resurfacing in untimely outbursts, and threatening his marriage plans to his colleague Denise. Sherman battles to restore order to his family, and marry the woman he loves, everything turns to chaos.

Spangdahlem Skyline

Today

Space Cowboys (PG-13)

Four top fighter pilots are brought back into service to assist NASA during a major satellite crisis. Although their non-conformist attitudes kept the quartet out of the space program in the 1960s, their specialized knowledge about the workings of a damaged satellite enables them to get another chance to go into space.

Saturday

Space Cowboys

Sunday

Space Cowboys

Monday

Coyote Ugly (PG-13)

Velvet voiced, 21-year-old Violet Sanford heads to New York to pursue her dream of becoming a songwriter. Her aspirations are sidelined by the notoriety she receives at her "day" job as a bar maid at Coyote Ugly, the hottest spot in town.

Tuesday

Coyote Ugly

Closed Wednesday and Thursday

Times and movies are subject to change.
For the most current information,
call 453-7541.

Try ice skating for winter exercise

By Iris Reiff

52nd Fighter Wing Public Affairs

The Bitburg ice rink is now open for the 2000-2001 season and remains open until April 2001.

Ice skating is popular throughout Germany, including the Eifel area. More than 60,000 people visit the Bitburg ice rink annually to participate.

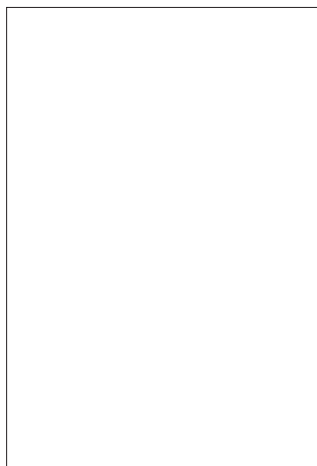
Some claim ice skating is an excellent way to stay in shape and enjoy fresh air.

The rink opens 8:30 a.m. to 12:30 p.m. Monday; 2-6 p.m. Tuesday, Wednesday, Thursday and Friday; 2-10 p.m. Saturday and 10 a.m. to 6 p.m. Sunday. The Bitburg rink opened to the public in 1982 and is presently run by a 10-person staff, said ice rink officials.

At times the rink is reserved for training by the Bitburg Ice Sports Association and hockey games. Although people can't skate during training hours, observers are welcome to watch any hockey practice and figure skating or curling by the ice sports association members. Hockey, figure skating and curling training hours are displayed on a schedule in the lobby of the skating rink.

Occasionally, the Bitburg Ice Sports Association offers other activities including disco music.

The entry fee for ice skating is 7 DM for adults, 5 DM for children ages 14-18. Skate rental is 5 DM for non-members and skate



Iris Reiff

A young skater practices his skills at the Bitburg ice rink recently.

sharpening is 6 DM. Skates can only be rented with a valid identification card.

Multiple entry ticket books, which are less expensive, are available at the ice rink.

Anyone interested may become a member of the "Eissportverein Bitburg e.V." Ice Sports Association. There's an annual membership fee for adults and children. Membership applications are available at the cashier. Association members receive reduced prices.

Groups of 10 or more pay 4.50 DM for entry and 4.50 DM for rental. School groups pay 2 DM per person to enter the rink and 2.50 DM for skate rentals. Reservations must be made in advance.

Entry price for the entire family is 12 DM 10 a.m. to 1 p.m. each Sunday. The rink also offers special ice skating rates for families 2-6 p.m. each Tuesday and Thursday. Ice skates are available in European sizes 25 to 50.

From time to time, usually on Sunday, the rink offers a Spießfest or play festival on ice and other fun events featuring jugglers, acrobats, a fire show, clowning acts workshops, skating demonstrations by Ice Sport Association members and more.

The rink is closed Christmas Eve, Christmas Day, New Year's Eve and Fasching Sunday. It's also open at 2 p.m. New Year's Day.

Information on training and courses, ice hockey, figure skating and curling can be obtained at the ice stadium at 06561-8447. There is a possibility of joining the ice hockey team or taking ice skating lessons (no age limit), taught by an American trainer. A fast food restaurant is available at the rink as well as an ice sports equipment store.

To get to the Bitburg ice rink, stay on B-50 until it reaches the T-intersection. Turn right going toward the center of town until you see a white sign on the right-hand side, "Eissporthalle" (ice rink). Turn left and follow the signs.

Out and about

■ Visit Trier's annual Allerheiligen fair today through Nov. 5 in the center of town.

■ Sample wine at the annual Kroef fall wine festival, Saturday.

■ Jewelry by Astrid-Anna Eltges can be seen now through Sunday at the "Alte Muehle" or "Old Mill" of the Himmerod Abbey. Opening times are 2-6 p.m. Saturday and 11 a.m. to 5 p.m. Sunday.

■ Enjoy seeing the "Trash — An Explosion of Percussion" show, featuring music, rhythm and dances on everyday items, tonight at 8 at the Trier Europa hall. Call the Trierischer Volksfreund Presse Center at 0651-14599-0 for tickets.

■ Reserve tickets now for a welfare concert by the German Bundeswehr military big band, Nov. 8 at 8 p.m. at the Trier Europa hall. Tickets are 25 DM for adults and 18 DM for students or military members. For tickets, call the Trierischer Volksfreund Presse Center at 0651-14599-0.

■ Flea markets take place Sunday in front of the Wittlich Extra market; inside and outside the Trier-Feyen Floh-market hall; inside

and outside the Pruem Markt hall; in the center of Cochem and inside the Zell Stadthalle or city hall. A toy auction takes place at Trier's Europa hall.

■ Wednesday is Allerheil-igen or All Saints Day, a German holiday. Catholics visit cemeteries on All Saints Day to place flowers and candles on the graves. Stores close Wednesday. Allerseelen or All Souls Day follows Thursday and is another day for Catholics to remember the dead. However, it's not a federal holiday.

■ Trier hobby artists meet 11 a.m. to 6 p.m. Nov. 11.

■ Bobby Previte performs Jazz music at 8:30 p.m. Nov. 16 at Trier's Tuchfabrik cultural center, located on Weberbach/Wechselstrasse.

■ See the popular tap dance show, "Magic of the Dance," at 8 p.m. Nov. 26 at Trier's Europa hall.

■ "Swan Lake," a ballet by Peter Tschaikowski, can be seen Jan. 21 at Trier's Europa hall.

■ Enjoy seeing this year's "Christmas Moments" concert and show by Thomas Schwab and his

24-person ensemble. Performances in the local area take place Dec. 1 in the Wittlich Atrium hall, in the Dreyshalle in Dreis Dec. 9, in the Bernkastel-Kues Moselland Hall Dec. 16, in the Trier Europa Hall Dec. 21 or in the Bitburg Edith-Stein Hall Dec. 23. Tickets are available by calling Santana Musical Production at 06531-94404 or order via fax at 06531-9446.

■ The annual PMC-MittelMosel scale model show and contest takes place Nov. 5 in the St. Bernhard Jugendheim in Wittlich. Contact c.gerard@it-online.de for more information.

■ Listen to a concert by The Corrs, Nov. 12, at the Frankfurt Festhalle. For tickets, call the Trierischer Volksfreund Presse Center at 0651-14599-0.

■ "Holiday on Ice: Colours of Dance" features a spectacle on ice Nov. 15-19 at the Saarbruecken Saarlund hall. Call 0651-14599-0 for tickets.

■ The Trier "bar-hopping" festival takes place 7 p.m. Saturday. More than 28 bars, mainly located in the pedestrian zone, feature popular bands from throughout

Germany. Visitors pay a one-time 15 DM fee at the first bar they enter. Entry to all other places is included. Entertainment includes blues, swing, jazz, rock, soul, funk, oldies and classical music. Call 0651-82678922 for details.

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Information, Tickets and Tours offers the following tours in October. Call the Spangdahlem community center at 452-6567 or the Bitburg annex community center at 453-7120 for details.

■ Qualify to win a trip to Paris by filling out a 52nd Services Squadron customer survey form and turn it in to any services agency. Deadline for entry is Tuesday.

■ Halloween at Franken-stein's Castle, Saturday, \$35 per person.

■ Family Halloween at Franken-stein's Castle, Sunday, \$29 adults, \$19 children ages 3-10.

■ Neustadt and Karlsbad Shopping Express, Nov. 10, \$55 single, \$75 double.

■ Switzerland for two nights,

Nov. 23-25, \$199 adults, \$120 children ages 3-6.

■ Verdun for Veteran's Day, Nov. 10, \$55 per person.

■ London for two nights, Nov. 23-25, \$295 adults, \$199 children ages 2-12.

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The outdoor recreation program sponsors the following trip in October. Call 452-7176 for details.

■ Baden-Baden saunter, sip and spa, Oct. 28-29, \$105 each person, minimum age is 18.

■ English horseback riding, Nov. 5, \$25 per person. Minimum age is 14.

■ Amsterdam city bike tour and Kinderkijk hike, Nov. 10-12, \$165 per person. Minimum age is 14.

■ Luxembourg cave expedition, Nov. 18-19, \$70 per person. Minimum age is 14.

■ Kaprun Austria Thanks-giving ski trip, Nov. 23-26, \$250 with own ski equipment, \$275 with rentals. Minimum age is 14.

Eifel sports world

Massage therapy

A certified massage therapist is available by appointment in the Spangdahlem lodging. Cost is \$50 per hour. Call 06575-959135 or 0173-5682113 to make an appointment.

Eifel Lanes

The base bowling center opens:

■ 11 a.m. to 10 p.m. Monday-Thursday

■ 11 a.m. to 11 p.m. Friday-Saturday

■ Noon-9 p.m. Sunday

Call 452-6217 for league or other bowling center information.

Youth winter sports

Coaches are needed for soccer and flag-football. Call youth sports at 453-6267 to volunteer or for more information.

Eifel Mountain Golf

The annual Turkey Shoot Golf Tournament takes place Nov. 18. Cost is \$10 plus green fees. Call 452-6821 for details.

Run/Walk Race

The annual Turkey Trot 5-kilometer running and walking event takes place Nov. 17. Call 452-6634 for details.

Fitness center news

Spangdahlem

■ The basketball court closes Wednesday and Thursday for a Special Children's Day event.

■ Intramural volleyball games continue through Nov. 16. Call for game times.

■ Varsity basketball tryouts take place now through November. Call for times and dates.

■ Personal trainer sessions are available by appointment. Call Staff Sgt. Susan O'Donnell for details.

■ Register with the workout partner program by filling out an application at the front desk.

■ Strength training class takes place at 9 a.m. Monday, step aerobics takes place 11 a.m. Tuesday and circuit training takes place at 11 a.m. Thursday. Cost is \$3 per class or \$25 monthly.

The center opens 9 a.m. to 8 p.m. Saturday and Sunday. Call 452-6634 for more information.

Bitburg

■ Aerobics classes take place at 6 p.m. Tuesday, Wednesday and Thursday. Cost is \$3 per class or \$25 monthly.

The Bitburg fitness center opens 11 a.m. to 7 p.m. Monday through Friday and 9 a.m. to 3 p.m. during contingency appreciation days and holidays. It's closed Saturday and Sunday. Call 453-7710 for details.

Bitburg Barons defense pile up on a SHAPE Spartan running back during Saturday's 21-6 Baron win at Bitburg High School.

Photos by Staff Sgt. Tim Cook

Undefeated

Barons enter playoffs for third time as they beat SHAPE 21-6

By Tech. Sgt. Rich Romero
52nd Fighter Wing Public Affairs

A lethal combination of high-powered offense and stingy defense brought the unbeaten Bitburg Barons into the Division II North conference title game Saturday against the 4-0 Supreme Allied Powers Europe Spartans.

In a rematch against last year's North conference champs, Billy Freeland defensively ignited a Baron squad that buried SHAPE 21-6, according to Rik Carr, Bitburg High School football coach.

Freeland anchored the defense with eight tackles (three solo in the backfield), two interceptions, a blocked punt and separated a Spartan player from the ball and ran it back 52 yards for a touchdown to give the Barons their first North conference championship in seven years. The Barons, however, are the reigning Division II champs.

While the offense set consecutive school passing records the previous two weeks, it only mustered one offensive touchdown because of a stiff Spartan defense, Carr said.

The only other Baron score came on Jason Moss' third punt return for a touchdown in as many games. Moss also had the offensive score, scampering 37 yards on a reverse.

With the Bitburg offense struggling, setting a school record was left to the Baron defense by not allowed a rushing touchdown all season. The defense also held the Spartans to 33-rushing yards and two-of-five passing with three interceptions.

SHAPE's lone score came on an

Billy Freeland, Bitburg Barons No. 22, runs through the Spartan defense.

interception of Baron quarterback Nick Johnson on the Spartan 15-yard line. The Spartan defender rammed 85 yards for the score. One of Freeland's two picks came on the subsequent two-point conversion attempt.

The Barons take their perfect record into the first round of the playoffs at 1 p.m. Saturday against the Division II South runner-up Aviano Saints (5-1). AFN will broadcast the game.

"We've never played this team (Aviano)," Freeland said. "All I know about them is what the coach has told us, but I think we match up quite well with them. It should be a great game."

Moss feels home-field advantage in the first round of the playoffs gives the Barons an edge.

"Not only do we get to play in front of the great Eifel fans, we don't have to endure a long bus ride," Moss said. "We lost last year in overtime, a game we should have won. As long as we execute, we're a

Freeland attempts to power away from a SHAPE defender.

more dominant team than them."

Carr agrees. "With 14 seniors and home-field, we should be the dominant team," he said. "Aviano is a well-coached team. They'll be tough to beat, but we feel confident of getting into the championship game."

The winner advances to the Division II Championship Game against either SHAPE or the Patch Panthers.